



Group Fitness Schedule

Dynamic workouts to power up your everyday life!

Fitness classes are also streamed virtually.

MONDAY

8:15am **Sculpt & Tone**

TUESDAY

8:30am **Tabata Bootcamp 45**
9:30am **Total Body Toning**

WEDNESDAY

8:15am **Cardio & Sculpt**

THURSDAY

8:15am **Spin** *(please pre-reg!)*
9:30am **Total Body Toning**

FRIDAY

8:15am **Interval XT**
9:30am **Fitness Basics**

SATURDAY

8:15am **Sculpt & Tone**
9:15am **Hatha Yoga**
9:30am **Tabata Bootcamp 45**
10:45am **WERQ Dance Fitness**

SUNDAY

9:30am **Virtual PiYo**



Download the
MINDBODY.
app to view our
schedule and plan
your workouts!*

- **To attend classes**, clients must have an updated member waiver on file.
- **For virtual classes**, clients receive the class link via email upon registration and 1 hour before class begins.

**Schedule is subject to change.
Check the app and website for
the latest class listings.*

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Get started today!

FREE WEEK OF FITNESS

Includes 7 days of unlimited*:

Fitness Classes • Virtual Fitness Classes • On-Demand Workouts

**Package is for valid for 7 consecutive days from first visit. For new fitness clients. Limit one.*



Fitness Pricing & Discounts

All-Inclusive Packages:

- **Monthly Auto Pay All-Inclusive**.....\$89
- **30 Day All-Inclusive**.....\$109

All-Inclusive Packages give members unlimited access to:

Fitness Classes, Virtual Fitness Classes & On-Demand Workouts

Video On-Demand Packages:

- **VOD Monthly Auto Pay or 30 Days Unlimited**.....\$59

- **10% Family Discount** for spouses, partners, and teens.
- **10% Youth Dance Parent Discount** for parents with a child enrolled in the current Mid American Studio dance session.
- **20% Student Discount** for students with a valid high school or college ID.

Class Passes:

- **4 Class Pass Monthly Auto Pay (90 day req)**.....\$49
- **8 Class Pass Monthly Auto Pay (90 day req)**.....\$69
- **10 Class Pass: (Good for 90 days)**.....\$175

Drop-in:

- **\$20/Class**
- Seniors 62+ & Students: \$18/class

